

## **Balsamic Chicken with Roasted Tomatoes & Asparagus**

Servings: 2

Adapted from Cooking Light Fresh Food Fast, *Oxmoor House* 2009 and Melanie Reid, Southern Living March 2005

### **Ingredients**

1/2 pint grape tomatoes  
1 teaspoon honey  
1 teaspoon olive oil  
2 skinless, boneless chicken breasts  
1/4 teaspoon freshly ground black pepper  
Cooking spray  
1 Tbsp balsamic vinaigrette

### **Preparation**

- 1) Preheat oven to 450°.
- 2) Combine first 3 ingredients in a small bowl. Place tomato mixture on a foil-lined jelly-roll pan and bake at 450° for 6 minutes, stir, and bake 6 minutes more or until tomato skins burst and begin to wrinkle. Transfer tomatoes and pan juices to a bowl.
- 3) Place each chicken breast between 2 sheets of heavy-duty plastic wrap and pound to 1/4-inch thickness using a meat mallet or small heavy skillet. Sprinkle chicken evenly with 1/4 teaspoon pepper.
- 4) Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add chicken and cook 3 to 4 minutes on each side until done. Place chicken on individual plates and drizzle each breast with balsamic vinaigrette. Spoon tomatoes evenly over chicken and serve.

## **Oven Roasted Asparagus**

### **Ingredients**

1/2 lb asparagus  
1 tablespoon olive oil  
1 garlic cloves, minced  
1/8 teaspoon freshly ground black pepper  
1/8 teaspoon salt

### **Preparation**

- 1) Preheat oven to 350°. Snap off and discard tough ends of asparagus and place on a baking sheet. Drizzle evenly with olive oil, sprinkle evenly with garlic, salt, and pepper. Toss to coat.
- 2) Bake at 350° for 10 minutes or to desired degree of tenderness.